



Women's Wellness Fair, Salish Kootenai College, Pablo, MT

While participating in my AmeriCorps service during my third quarter of nursing this year, I had the opportunity to participate in a community health fair. I chose to lead a group that was providing education at a booth on diabetes prevention. Being a group leader for the project involved a great deal of time and effort, but I was amazed to see how much I grew through the effort. One of the most gratifying things about the experience was getting to work closely with my class mates on this project and see them learning and growing at the same time. By the time the day of the health fair came around, we were experts on diabetes! My classmates showed up with beautiful, well thought out and well researched displays. They looked professional and sounded professional. This experience made us all feel like "real" nurses, and the community response was overwhelmingly positive. Many people approached our booth earnestly seeking information on how to improve their health and that of their families. Even the shy ones in my group stepped up to the challenge of giving these people information about better health practices and community resources.

In addition to manning the booth, I also gave three 30 minute lectures throughout the course of the day on ways that people can prevent diabetes. My three audiences asked lots of questions on topics outside the main lecture, and I was able to answer their questions because of my study on the subject of diabetes. It was so exciting to me to be looked upon as an expert on the topic, and even better, I really knew my stuff and could give information that was going to make a difference in these people's lives. It was an experience that made me think that I'm really cut out for nursing. Improving quality of life is what nursing is all about, and I was able to do that through donating time to this health fair!